

# High Barn Oils

The home of english linseed

## Great Linseed muesli breakfast you can make yourself

This is a satisfying breakfast and because of the hormonal action of the linseed it can help you maintain a balanced diet. Menopausal systems can be alleviated and with a few changes to the rest of the diet, some exercise (maybe just fast walking) getting those pounds off can be easier and enjoyable.

### Ingredients:

- 2 Tablespoons porridge oats
- Some nutty muesli, I use Dorset brand
- 2 dessert spoons High Barn Oils linseed meal
- 1 Dessertspoon High Barn Culinary Linseed oil
- Some blue berries and chopped banana apple or other fruit to taste
- I use orange juice because I do not like milk products.

### Simply:

1. Mix and enjoy.